



# United States Army

## World Class Athlete Program

An Army Morale, Welfare and Recreation Activity  
*U.S. Army Community and Family Support Center*  
 4700 King Street, Alexandria, VA 22302-4418



### Army Athlete Profile: Specialist Regan Nichols



**Track & Field**  
**400 Hurdles**

**Date of birth:**  
**July 26, 1973**

**Hometown:**  
**Austin, Texas**

**Military Occupation:**  
**Infantry**

**Military Rank:**  
**Specialist/E-4**

**Spc. Regan Nichols** is a member of the World Class Athlete Program's Track & Field Team.

Spc. Nichols placed sixth at the 1997 USA Track and Field World Team Trials, fourth at the 1998 Outdoor National Championships, was a semi-finalist in the 2000 U.S. Olympic Trials, placed eighth at the 2001 Outdoor National Championships, and won his heat at the 2002 New Westminster International. As a part of a 4x400 team, he placed first at the 2003 Hilton Memorial Track Meet and the 2003 Niswonger Invitational, and second at the 2003 Houston Invitational. Spc. Nichols also captured gold medals at the 2003 Sun Angel Relays, and the Modesto Relays, both in the 400 Hurdles. He placed fourth at the 2003 USA Track & Field Outdoor Championships. More recently, Spc. Nichols took home a bronze medal from the 2004 LSU Relays in the 400m., a silver medal from the 2004 Sun Angel Relays, (400 hurdles.), and a gold medal from the 2004 Mt. SAC Relays (400 hurdles).

An infantry soldier, Spc. Nichols entered the Army on October 22, 2002. He completed basic training and advanced individual training in March 2002.

Spc. Nichols joined the Army because "I wanted to better myself and be a part of the U.S. military. Being a member of the Army's World Class Athlete Program is important to me because it gives me a chance to just concentrate on my training."

Spc. Nichols loves his particular sport because he loves to compete. He gets pumped up for competition by relaxing. When Spc. Nichols is not practicing or training he likes to play a lot of basketball.

He is a graduate of Reagan High School in Austin, Tex., and Shelton State College in Tuscaloosa, Ala.

Personal Bests: 400 Hurdles - 48.66

For more information about the United States Army's World Class Athlete Program, contact the CFSC Public Affairs Office, [paao@cfsc.army.mil](mailto:paao@cfsc.army.mil), 703-681-1545/47/48 or visit [www.armymwr.com](http://www.armymwr.com).